



YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule November 2021



Monday

6:00am – SPIN – Jorge (SR)
12:00pm – SPIN – Frannie (SR)
12:15pm – ULTIMATE FIT – Lori, 11/1 Sarah(A)
12:15pm – YOGA – Hanna (YS)
5:30pm – STEP – Darryl (GX)
6:00pm – ULTIMATE FIT – Erin (A)
6:30pm – YOGA – Sheema (YS)
6:50pm – 15 MINUTE CORE MAX – Erin (GX)

Tuesday

5:45am – STRENGTH TRAIN TOGETHER – Muna (GX)
10:00am – WATER AEROICS – Richard (P)
11:45am – ULTIMATE FIT – Kendalyne (A)
12:00pm – SPIN – Darryl (SR)
5:30PM – STRENGTH TRAIN TOGETHER – Mark (GX)
6:30PM – YOGA – Jeanie (YS)

Wednesday – 11/24 – No Evening Classes

6:00am – SPIN – Muna (SR)
12:00pm – SPIN – Frannie (SR)
12:15pm – YOGA – Ann (YS)
5:15pm – ZUMBA – Jackie (GX)
5:30pm – SPIN – Fawn (SR)
5:30pm – YOGA – Jamie (YS)
5:45pm – ULTIMATE FIT – Abbi (A)

Thursday – 11/25 Happy Thanksgiving No Classes

5:45am – STRENGTH TRAIN TOGETHER – Muna (GX)
11:45pm – ULTIMATE FIT – Kendalyne (A)
5:30pm – STRENGTH TRAIN TOGETHER – Mark (GX)
6:35pm – YOGA – Becky (YS)
7:00pm – **HIP HOP FITNESS – Greg (GX) ***

Friday 11/26 NO 12PM or 12:15PM CLASSES

***9:00am – BLACK FRIDAY SPECIAL – DIGESTION YOGA – Jeanie (YS) – NOVEMBER 26TH ONLY**
12:00pm – SPIN – Gina (SR)
12:00pm – ULTIMATE FIT – Lori (A/GX)
12:15pm – YOGA – Hanna, Ann 10/8, 10/22 (YS)

Saturday

9:00am – Spin – Jorge (SR)
9:15am – YOGA – Becky S (GX) (90 MINUTES)
11:00am – STRENGTH TRAIN TOGETHER – Mark (GX)

***New Class, New/ Special Time or New Instructor**

Key: Attic (A), Group Ex (GX), Pool (P), Spin Room (SR), Yoga Studio (YS)

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